

Wellness incentives

Don't miss out on wellness incentives available to you when you complete these activities.

Three opportunities to earn a gift card



1. Get a biometric screening for a \$100 gift card. The biometric screening must be completed by your doctor or scheduled at a Quest Diagnostics lab.



2. Take the health assessment for a \$50 gift card. Log in to your Aetna® member website at **Aetna.com**.



3. Complete an online wellness program for a \$25 gift card. Log in to your Aetna member website at **Aetna.com**.

Attain by Aetna® app

Designed in collaboration with Apple®, the Attain by Aetna app combines your health history with your Apple Watch® activity to offer personalized goals,* achievable actions and big rewards — like an Apple Watch or gift cards. Explore more at **AttainByAetna.com**.

More than fitness

Hitting 10,000 steps doesn't motivate everyone to get healthier.

The Attain® app empowers and rewards you for getting healthier — in ways that work for you:

- Reminders to get a flu shot and schedule an annual physical
- Tips for healthier snacking, better sleep and improving mindfulness
- Inspiration for increasing activity levels

Here's how it works

To enroll, you must:

- Be at least 18 years old
- Be an Aetna medical plan member
- Have an iPhone®



Earn an Apple Watch and gift cards

Don't have an Apple Watch? Order one through Attain by Aetna and earn it over 24 months with points. Get the Apple Watch Series 3 (GPS, 38mm). Or upgrade to Apple Watch SE or Apple Watch Series 6 for an additional up-front cost. All you'll pay initially is a \$7 activation fee + sales tax. Use any extra points to earn more than \$75 in gift cards from popular retailers.**

Or use your Apple Watch and earn gift cards

Already have an Apple Watch? Use it and earn more than \$275 in gift cards.

*Goals and suggested health actions should not replace your doctor's advice. If you have a medical condition that prevents you from meeting your goals, or if your doctor advises you not to take part in physical activity, there may be an opportunity for you to earn the same reward in a different way. Call **1-866-820-3731 (TTY: 711)** to find out your options.

**Alternative rewards are available depending on user enrollment date. Meet your weekly activity goals and complete healthy actions to earn enough points to cover all or part of your monthly Apple Watch payment. Or to score gift cards.

Rewards earned may be considered taxable income. Please consult your tax adviser if you have any questions regarding the taxability of rewards.

Apple Watch Series 3, Apple Watch SE and Apple Watch Series 6 require an iPhone 6s or later with iOS 14 or later.

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